

**UNIVERSITI TEKNOLOGI MARA**

**THE USE OF SENSORY DIET  
AMONG OCCUPATIONAL  
THERAPIST WHO WORKS IN  
PAEDIATRIC SETTING IN  
MALAYSIA**

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Dissertation submitted in fulfillment  
of the requirements for the degree of  
**Master of Occupational Therapy  
(Developmental Disability)**

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## AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work unless otherwise indicated or acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.


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## ABSTRACT

**Purpose of the study:** The purpose of this study was to identify the type of sensory diet mostly used by an occupational therapist who works in a paediatric setting in Malaysia. The second aim of this study was to investigate the relationship between the types of sensory diet chosen by the occupational therapist with their demographic information. **Research Design:** This study was a cross-sectional study design that involves only one point of contact with the participants. A sensory diet survey form developed by Peterson and White (2018) was distributed through online such as Whatsapp, Email and Facebook to the occupational therapist who works in paediatric settings in Malaysia. **Finding:** A total of 61 participants responded to the questionnaire and the type of sensory diet mostly used by the occupational therapist was joint compression that related to the treatment for proprioception. Meanwhile, there was no relationship between the type of sensory diet chosen by the occupational therapist with their demographic information, which were the age, gender, race, level work setting and years of practice. The relationship for the work setting found only in the techniques of scooter board, food texture and other modalities in physical activities. This was probably due to lack of sources of the modalities itself due to environmental restriction. Otherwise, the relationship for the years of practice only found in the techniques of scooter board, vibration, chewing, playground activities and other modalities in auditory component and proprioception.

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## TABLE OF CONTENTS

	<b>Page</b>
<b>CONFIRMATION BY PANEL OF EXAMINERS</b>	<b>ii</b>
<b>AUTHOR'S DECLARATION</b>	<b>iii</b>
<b>ABSTRACT</b>	<b>v</b>
<b>ACKNOWLEDGEMENT</b>	<b>vi</b>
<b>TABLE OF CONTENTS</b>	<b>vii</b>
<b>LIST OF TABLES</b>	<b>ix</b>
<b>LIST OF FIGURES</b>	<b>x</b>
<b>CHAPTER ONE INTRODUCTION</b>	<b>1</b>
1.1 Research Background	1
1.2 Problem Statement	2
1.3 Purpose of the study	4
1.4 Objectives	4
1.5 Research Question	4
1.6 Research Hypothesis	5
1.7 Significance of the study	5
1.8 Definition of Term	6
<b>CHAPTER TWO LITERATURE REVIEW</b>	<b>9</b>
2.1 Introduction	9
2.2 Sensory diet	10
2.3 Sensory based intervention	12
2.4 Sensory integration	13
2.5 The use of Sensory Integration Therapy in Early Intervention Programme	14
2.6 The effectiveness of a sensory diet in paediatric case:	15
2.7 Importance of sensory diet in Paediatric	18
2.8 Importance of sensory diet in mental Health	18